

ABSTRACT

A metal halide lamp according to the present invention includes: an outer tube 2; an inner tube 3 that is provided in the outer tube 2, has a sealing portion 10 in at least one end portion, and is made of quartz glass; an 5 inner tube 3 provided in the outer tube 2; and an arc tube 4 provided in the inner tube 3, wherein assuming that the outer tube 2 has a maximum outer diameter A (mm), the inner tube 3 has a maximum outer diameter B (mm), and the metal halide lamp 1 consumes P (W) of power, the following relationships are satisfied:

$$10 \quad 0.06P + 15.8 \leq A \leq 25,$$

$$0.05P + 9.0 \leq B, \text{ and}$$

$$1.14 \leq A/B,$$

where P satisfies $20 \leq P \leq 130$ W.